

CHICKEN SKEWERS WITH ZUCCHINI AND EGGPLANT

2 persons / 557 kcal per person

Ingredients:

- 1 medium onion
- 1 clove of garlic
- 2 tablespoons of olive oil
- 200 grams of diced tomatoes
- ½ tablespoon of dried Italian herbs
- 200 grams of chicken thighs
- ½ zucchini
- ½ eggplant
- 130 grams of penne
- pepper and salt



Preparation:

Chop the onion and finely chop the garlic. Heat ½ tbsp olive oil in a pan and fry the onion and half of the garlic for 3 minutes. Add the diced tomatoes and half of the Italian herbs. Bring to the boil and simmer gently over a low heat without a lid for 25 minutes to a thick sauce. Stir frequently. In the meantime, cut the chicken, zucchini and eggplant into ~ 2 cm cubes and thread them alternately on the skewers. Mix the rest of the oil with the rest of the garlic and Italian herbs. Heat the contact grill pan over high heat. Grill the skewers for 8-10 minutes. Brush them with the herb oil while grilling with the pastry brush. Season. In the meantime, cook the penne al dente according to the instructions on the package. Season the tomato sauce with pepper and salt if desired. Serve the penne with the sauce and skewers.

Nutritional value per person:

Energy:	557 kcal
Protein:	30.3 grams
Carbohydrates:	59.4 grams
- including sugars:	14.0 grams
Fat:	20.6 grams
Fiber:	5.8 grams
Salt:	1.3 grams